

# USDA National Nutrient Database for Standard Reference, Release 17

## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	76.28
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	74.06
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	17.46
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	15.30
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	15.23
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	15.01
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	15.00
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	13.86
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	10.82
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	8.73
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	7.50
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	7.50
13050	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	7.07
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	6.83
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	6.48
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	6.21
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	6.13
21082	Fast foods, taco	263	1 large	6.05
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	5.91
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	5.81
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	5.75
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	5.70
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	5.67
15141	Crustaceans, crab, blue, canned	135	1 cup	5.43
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	5.39
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.36
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.31
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	5.26
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	5.17
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	5.02
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	4.96
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	4.96
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	4.88
16008	Beans, baked, canned, with franks	259	1 cup	4.84
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	4.67
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.64
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	4.62
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	4.60
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	4.58
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.55
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	4.52

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08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	4.48
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	4.45
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	4.38
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	4.35
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	4.34
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	4.30
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	4.28
20005	Barley, pearled, raw	200	1 cup	4.26
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	4.24
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	4.22
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.20
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.14
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	4.13
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	4.11
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	4.07
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.99
21082	Fast foods, taco	171	1 small	3.93
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	3.91
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	3.88
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.80
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	3.80
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	3.75
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	3.75
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	3.75
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	3.75
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	3.75
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	3.75
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	3.75
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	3.75
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	3.75
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	3.75
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	3.75
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	3.75
20011	Buckwheat flour, whole-groat	120	1 cup	3.74
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	3.74
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	3.74
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	3.74
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	3.72
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	3.59
21042	Fast foods, chili con carne	253	1 cup	3.57
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	3.55
20080	Wheat flour, whole-grain	120	1 cup	3.52

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17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	3.51
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	3.49
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	3.48
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.39
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	3.37
01037	Cheese, ricotta, part skim milk	246	1 cup	3.30
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	3.17
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	3.12
01164	Cheese sauce, prepared from recipe	243	1 cup	3.06
13348	Beef, cured, corned beef, canned	85.05	3 oz	3.04
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	3.03
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	2.97
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.97
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.96
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	2.95
16051	Beans, white, mature seeds, canned	262	1 cup	2.93
20033	Oat bran, raw	94	1 cup	2.92
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	2.88
01095	Milk, canned, condensed, sweetened	306	1 cup	2.88
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	2.86
01036	Cheese, ricotta, whole milk	246	1 cup	2.85
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.77
19078	Baking chocolate, unsweetened, squares	28.35	1 square	2.73
19080	Candies, semisweet chocolate	168	1 cup	2.72
20012	Bulgur, dry	140	1 cup	2.70
21083	Fast foods, taco salad	198	1-1/2 cups	2.69
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	2.58
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	2.54
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	2.52
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	2.51
21074	Fast foods, enchilada, with cheese	163	1 enchilada	2.51
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	2.51
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	2.48
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	2.45
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.44
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	2.41
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	2.40
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	2.37
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.35
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	2.32
22904	Chili con carne with beans, canned entree	222	1 cup	2.31
01097	Milk, canned, evaporated, nonfat	256	1 cup	2.30
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	2.25
20020	Cornmeal, whole-grain, yellow	122	1 cup	2.22

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16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	2.22
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	2.20
20089	Wild rice, cooked	164	1 cup	2.20
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	2.18
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	2.16
21005	Breakfast items, biscuit with egg and sausage	180	1 biscuit	2.16
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	2.16
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.11
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	2.09
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2.07
21088	Tostada with guacamole	130.5	1 tostada	2.04
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2.02
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.02
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	2.02
05277	Chicken, canned, meat only, with broth	142	5 oz	2.00
21118	Fast foods, hotdog, plain	98	1 sandwich	1.98
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	1.98
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	1.97
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	1.97
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	1.96
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	1.96
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	1.94
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	1.93
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	1.93
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	1.92
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	1.92
22905	Beef stew, canned entree	232	1 cup	1.90
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	1.90
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	1.89
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	1.87
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	1.87
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	1.87
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	1.84
12147	Nuts, pine nuts, dried	28.35	1 oz	1.83
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	1.81
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	1.79
21078	Fast foods, nachos, with cheese	113	6-8 nachos	1.79
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	1.78
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	1.76
16112	Miso	68.75	1 cup	1.76
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	1.75
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	1.75
21077	Fast foods, frijoles with cheese	167	1 cup	1.74
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.72
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	1.71

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06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.70
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	1.70
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	1.69
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.69
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	1.69
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	1.69
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	1.68
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.68
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	1.68
08143	Cereals, WHEATENA, cooked with water	243	1 cup	1.68
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	1.68
11546	Tomato products, canned, paste, without salt added	262	1 cup	1.65
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	1.64
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.64
19061	Snacks, trail mix, tropical	140	1 cup	1.64
21043	Fast foods, clams, breaded and fried	115	3/4 cup	1.63
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	1.63
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	1.61
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	1.59
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	1.59
16073	Lima beans, large, mature seeds, canned	241	1 cup	1.57
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	1.56
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.56
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	1.56
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	1.55
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	1.54
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.54
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	1.52
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	1.52
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	1.52
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	1.50
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.50
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	1.49
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	1.45
22401	Spaghetti with meat sauce, frozen entree	283	1 package	1.44
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	1.44
01110	Milk shakes, thick chocolate	300	10.6 fl oz	1.44
20028	Couscous, dry	173	1 cup	1.44
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	1.43
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.42
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	1.41
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	1.40
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	1.38
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	1.38
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	1.37

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14346	Shake, fast food, chocolate	333	16 fl oz	1.37
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	1.36
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	1.36
21226	Pizza, meat and vegetable, regular crust, frozen	79	1 serving	1.35
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	1.35
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	1.34
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.34
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	1.33
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	1.31
07008	Bologna, beef and pork	56.7	2 slices	1.30
11658	Spinach souffle, home-prepared	136	1 cup	1.29
20006	Barley, pearled, cooked	157	1 cup	1.29
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.28
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	1.28
19087	Candies, confectioner's coating, white	170	1 cup	1.26
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	1.26
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.25
18325	Pie, pecan, prepared from recipe	122	1 piece	1.24
01040	Cheese, swiss	28.35	1 oz	1.24
20037	Rice, brown, long-grain, cooked	195	1 cup	1.23
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	1.22
01111	Milk shakes, thick vanilla	313	11 fl oz	1.22
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	1.21
07069	Salami, cooked, beef and pork	56.7	2 slices	1.21
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	1.21
14347	Shake, fast food, vanilla	333	16 fl oz	1.20
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	1.19
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.17
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	1.17
01057	Eggnog	254	1 cup	1.17
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	1.17
20083	Wheat flour, white, bread, enriched	137	1 cup	1.16
15157	Mollusks, clam, mixed species, raw	85	3 oz	1.16
20034	Oat bran, cooked	219	1 cup	1.16
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	1.15
15128	Fish, tuna salad	205	1 cup	1.15
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	1.15
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	1.14
20125	Spaghetti, whole-wheat, cooked	140	1 cup	1.13
22247	Macaroni and Cheese, canned entree	252	1 cup	1.13
13350	Beef, cured, dried	28.35	1 oz	1.13
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	1.12
11264	Mushrooms, canned, drained solids	156	1 cup	1.12
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.11
07022	Frankfurter, beef	45	1 frank	1.11
07028	Ham, sliced, extra lean	56.7	2 slices	1.09
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	1.09

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## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	1.08
16120	Soy milk, fluid	245	1 cup	1.08
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.08
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	1.07
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	1.07
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	1.07
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.07
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	1.05
18283	Muffins, oat bran	57	1 muffin	1.05
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	1.04
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	1.04
20013	Bulgur, cooked	182	1 cup	1.04
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.04
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	1.03
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	1.03
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.03
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.02
06166	Sauce, homemade, white, medium	250	1 cup	1.02
01102	Milk, chocolate, fluid, commercial,	250	1 cup	1.02
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	1.02
20010	Buckwheat groats, roasted, cooked	168	1 cup	1.02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.02
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	1.02
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	1.02
22906	Chicken pot pie, frozen entree	217	1 small pie	1.02
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	1.01
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	1.01
18005	Bagels, cinnamon-raisin	89	4" bagel	1.01
19071	Candies, carob	28.35	1 oz	1.00
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	1.00
05286	Turkey and gravy, frozen	142	5-oz package	0.99
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.99
20110	Noodles, egg, cooked, enriched	160	1 cup	0.99
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.99
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	0.99
11461	Spinach, canned, drained solids	214	1 cup	0.98
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	0.98
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.98
01077	Milk, whole, 3.25% milkfat	244	1 cup	0.98
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.97
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.96
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	0.96
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	0.96
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	0.96
19126	Candies, milk chocolate coated peanuts	40	10 pieces	0.96

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## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12061	Nuts, almonds	28.35	1 oz (24 nuts)	0.95
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	0.95
21033	Fast foods, sundae, hot fudge	158	1 sundae	0.95
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	0.94
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	0.94
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.93
21024	Fast foods, french toast sticks	141	5 sticks	0.93
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	0.93
05292	Turkey patties, breaded, battered, fried	64	1 patty	0.92
01035	Cheese, provolone	28.35	1 oz	0.92
01007	Cheese, camembert	38	1 wedge	0.90
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.90
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.90
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.90
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.89
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.89
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	0.89
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	0.88
01009	Cheese, cheddar	28.35	1 oz	0.88
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	0.88
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.87
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.87
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.86
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	0.86
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.85
20084	Wheat flour, white, cake, enriched	137	1 cup	0.85
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.84
19353	Syrups, maple	20	1 tbsp	0.83
21224	Pizza, cheese, regular crust, frozen	63	1 serving	0.83
07023	Frankfurter, beef and pork	45	1 frank	0.83
01026	Cheese, mozzarella, whole milk	28.35	1 oz	0.83
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.82
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.82
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	0.82
01019	Cheese, feta	28.35	1 oz	0.82
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.82
01143	Egg substitute, liquid	62.75	1/4 cup	0.82
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.82
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.81
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.81
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	0.81
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.80
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.80
01030	Cheese, muenster	28.35	1 oz	0.80
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	0.79
06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	0.79
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	0.79

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## Zinc, Zn ( mg ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	0.79
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	0.79
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.79
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.78
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.78
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	0.78
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.78
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	0.78
21119	Fast foods, hotdog, with chili	114	1 sandwich	0.78
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.78
11414	Potato salad, home-prepared	250	1 cup	0.78
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.77
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.77
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	0.77
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	0.77
09042	Blackberries, raw	144	1 cup	0.76
01004	Cheese, blue	28.35	1 oz	0.75
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	0.75
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.75
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.75
01013	Cheese, cottage, creamed, with fruit	226	1 cup	0.75
20100	Macaroni, cooked, enriched	140	1 cup	0.74
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.74
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.74
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	0.73
11370	Potatoes, hashed brown, home-prepared	156	1 cup	0.73
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	0.73
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.73
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.72
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.72
18327	Pie, pumpkin, prepared from recipe	155	1 piece	0.71
18316	Pie, coconut custard, commercially prepared	104	1 piece	0.71
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.70
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.70
12120	Nuts, hazelnuts or filberts	28.35	1 oz	0.69
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	0.69
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.69
18003	Bagels, egg	89	4" bagel	0.69
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.68
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	0.68
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.68
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	0.68
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.67
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.67
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	0.67

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## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.67
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	0.67
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	0.66
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.65
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	0.65
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	0.65
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.65
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	0.65
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.65
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.65
07072	Salami, dry or hard, pork, beef	20	2 slices	0.65
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	0.64
18324	Pie, pecan, commercially prepared	113	1 piece	0.64
01123	Egg, whole, raw, fresh	58	1 extra large	0.64
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.64
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	0.63
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	0.63
11672	Potato pancakes, home-prepared	76	1 pancake	0.63
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	0.63
20113	Noodles, chinese, chow mein	45	1 cup	0.63
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	0.63
21015	Fast foods, danish pastry, cheese	91	1 pastry	0.63
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.62
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.62
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	0.62
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	0.61
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	0.61
01132	Egg, whole, cooked, scrambled	61	1 large	0.61
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.61
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.60
11205	Cucumber, with peel, raw	301	1 large	0.60
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.59
11081	Beets, cooked, boiled, drained	170	1 cup	0.59
21023	Breakfast items, french toast with butter	135	2 slices	0.59
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	0.59
11301	Peas, edible-podded, cooked, boiled, drained, without salt	160	1 cup	0.59
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.59
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	0.59
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	0.59
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.58
06116	Gravy, beef, canned	58.25	1/4 cup	0.58
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	0.58
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.58
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.57

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	0.57
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.56
07064	Pork sausage, fresh, cooked	27	1 patty	0.56
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	0.56
19193	Puddings, rice, ready-to-eat	113.4	4 oz	0.56
01123	Egg, whole, raw, fresh	50	1 large	0.56
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.55
18320	Pie, lemon meringue, commercially prepared	113	1 piece	0.55
01128	Egg, whole, cooked, fried	46	1 large	0.55
01131	Egg, whole, cooked, poached	50	1 large	0.55
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	0.55
18003	Bagels, egg	71	3-1/2" bagel	0.55
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	0.55
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.55
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.54
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.54
07064	Pork sausage, fresh, cooked	26	2 links	0.54
09294	Prune juice, canned	256	1 cup	0.54
18353	Rolls, hard (includes kaiser)	57	1 roll	0.54
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.54
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.53
01129	Egg, whole, cooked, hard-boiled	50	1 large	0.52
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.52
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.52
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.52
21051	Entrees, pizza with pepperoni	71	1 slice	0.52
09302	Raspberries, raw	123	1 cup	0.52
09087	Dates, deglet noor	178	1 cup	0.52
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.52
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	0.52
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.52
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.51
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.51
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.51
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	0.51
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.51
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.51
18367	Waffles, plain, prepared from recipe	75	1 waffle	0.51
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.50
18245	Danish pastry, cheese	71	1 danish	0.50
12104	Nuts, coconut meat, raw	45	1 piece	0.50
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.49
18326	Pie, pumpkin, commercially prepared	109	1 piece	0.49
11549	Tomato products, canned, sauce	245	1 cup	0.49
01123	Egg, whole, raw, fresh	44	1 medium	0.49
07065	Pork and beef sausage, fresh, cooked	26	2 links	0.49
11578	Vegetable juice cocktail, canned	242	1 cup	0.48
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	0.48

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## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19088	Ice creams, vanilla, light	66	1/2 cup	0.48
21017	Fast foods, danish pastry, fruit	94	1 pastry	0.48
06125	Gravy, turkey, canned	59.6	1/4 cup	0.48
06119	Gravy, chicken, canned	59.5	1/4 cup	0.48
11206	Cucumber, peeled, raw	280	1 large	0.48
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	0.48
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.47
18044	Bread, pumpernickel	32	1 slice	0.47
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.47
18045	Bread, pumpernickel, toasted	29	1 slice	0.47
07024	Frankfurter, chicken	45	1 frank	0.47
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.47
16098	Peanut butter, smooth style, with salt	16	1 tbsp	0.47
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	0.46
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.46
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.46
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.46
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.46
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	0.46
19095	Ice creams, vanilla	66	1/2 cup	0.46
18268	French toast, frozen, ready-to-heat	59	1 slice	0.45
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.45
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.45
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	0.45
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.45
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.45
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.45
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.45
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.45
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.45
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	0.45
16097	Peanut butter, chunk style, with salt	16	1 tbsp	0.45
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	0.44
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.44
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.44
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.44
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	0.44
19056	Snacks, tortilla chips, plain	28.35	1 oz	0.43
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.43
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.43
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.43
19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	0.43
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.43
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.43
21129	Fast foods, hush puppies	78	5 pieces	0.43
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	0.43
18239	Croissants, butter	57	1 croissant	0.43
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.43

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	0.43
11655	Carrot juice, canned	236	1 cup	0.42
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.42
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.42
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	0.42
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	0.42
11424	Pumpkin, canned, without salt	245	1 cup	0.42
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.41
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.41
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.41
07017	Chicken roll, light meat	56.7	2 slices	0.41
20029	Couscous, cooked	157	1 cup	0.41
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.41
18147	Cheesecake commercially prepared	80	1 piece	0.41
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.41
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.41
07027	Ham, chopped, not canned	21	2 slices	0.41
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.41
18151	Cookies, brownies, commercially prepared	56	1 brownie	0.40
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.40
18220	Crackers, melba toast, plain	20	4 pieces	0.40
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	0.40
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	0.40
19036	Snacks, popcorn, cakes	10	1 cake	0.40
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.40
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.40
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	0.40
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.40
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.40
11213	Endive, raw	50	1 cup	0.40
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.39
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.39
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	0.39
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.39
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.39
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.38
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	0.38
19270	Ice creams, chocolate	66	1/2 cup	0.38
01125	Egg, yolk, raw, fresh	16.6	1 large	0.38
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.38
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.38
11961	Hearts of palm, canned	33	1 piece	0.38
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	0.38
18023	Bread, cornbread, dry mix, prepared	60	1 piece	0.38

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	0.38
18243	Croutons, seasoned	40	1 cup	0.38
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.37
11821	Peppers, sweet, red, raw	149	1 cup	0.37
14150	Carbonated beverage, orange	372	12 fl oz	0.37
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.37
18134	Cake, sponge, prepared from recipe	63	1 piece	0.37
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	0.37
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.37
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.37
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	0.37
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.37
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	0.37
18060	Bread, rye	32	1 slice	0.36
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.36
11540	Tomato juice, canned, with salt added	243	1 cup	0.36
11260	Mushrooms, raw	70	1 cup	0.36
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial	241	1 cup	0.36
11090	Broccoli, raw	88	1 cup	0.36
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.36
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.36
18309	Pie, cherry, prepared from recipe	180	1 piece	0.36
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	0.36
11084	Beets, canned, drained solids	170	1 cup	0.36
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	0.36
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	0.36
19097	Sherbet, orange	74	1/2 cup	0.36
14121	Carbonated beverage, club soda	355	12 fl oz	0.36
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	0.35
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	0.35
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.35
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.35
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	0.35
19089	Ice creams, vanilla, rich	74	1/2 cup	0.35
18235	Crackers, whole-wheat	16	4 crackers	0.34
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.34
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	0.34
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.34
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	0.34
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.34
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.33
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.33
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.33
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.33
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.33
11641	Squash, summer, all varieties, raw	113	1 cup	0.33
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.33

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	0.32
18280	Muffins, corn, dry mix, prepared	50	1 muffin	0.32
09298	Raisins, seedless	145	1 cup	0.32
18027	Bread, egg	40	1/2" slice	0.32
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	0.31
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	0.31
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.31
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.31
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.31
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.31
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	0.31
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.31
18025	Bread, cracked-wheat	25	1 slice	0.31
19411	Snacks, potato chips, plain, salted	28.35	1 oz	0.31
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	0.31
18057	Bread, reduced-calorie, white	23	1 slice	0.31
18226	Crackers, rye, wafers, plain	11	1 wafer	0.31
18279	Muffins, corn, commercially prepared	57	1 muffin	0.31
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	0.31
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.31
19218	Puddings, tapioca, ready-to-eat	113	4 oz	0.31
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.31
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.30
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.30
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	0.30
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	0.30
18061	Bread, rye, toasted	24	1 slice	0.30
14277	Grape drink, canned	250	8 fl oz	0.30
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	0.30
11821	Peppers, sweet, red, raw	119	1 pepper	0.30
18302	Pie, apple, prepared from recipe	155	1 piece	0.29
18444	Pie, fried pies, cherry	128	1 pie	0.29
18319	Pie, fried pies, fruit	128	1 pie	0.29
18306	Pie, blueberry, prepared from recipe	147	1 piece	0.29
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.29
19035	Snacks, popcorn, oil-popped	11	1 cup	0.29
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.29
09236	Peaches, raw	170	1 cup	0.29
18116	Cake, gingerbread, prepared from recipe	74	1 piece	0.29
09181	Melons, cantaloupe, raw	160	1 cup	0.29
11015	Asparagus, canned, drained solids	72	4 spears	0.29
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.29
09326	Watermelon, raw	286	1 wedge	0.29
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.29
11364	Potatoes, baked, skin, without salt	58	1 skin	0.28
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.28
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.28
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.28

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## Zinc, Zn ( mg) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19201	Puddings, vanilla, ready-to-eat	113	4 oz	0.28
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.28
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.28
11135	Cauliflower, raw	100	1 cup	0.28
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	0.28
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.28
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	0.28
18040	Bread, oatmeal, toasted	25	1 slice	0.28
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.28
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.28
18039	Bread, oatmeal	27	1 slice	0.28
19034	Snacks, popcorn, air-popped	8	1 cup	0.28
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.27
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.27
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.27
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	0.27
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.27
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	0.27
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.27
11124	Carrots, raw	110	1 cup	0.26
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.26
01094	Milk, buttermilk, dried	6.5	1 tbs	0.26
14142	Carbonated beverage, grape soda	372	12 fl oz	0.26
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.26
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.26
18310	Pie, chocolate creme, commercially prepared	113	1 piece	0.26
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.26
14157	Carbonated beverage, root beer	370	12 fl oz	0.26
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	0.26
18055	Bread, reduced-calorie, wheat	23	1 slice	0.26
16158	Hummus, commercial	14	1 tbs	0.26
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	0.26
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.26
11282	Onions, raw	160	1 cup	0.26
21139	Fast foods, potato, mashed	80	1/3 cup	0.26
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	0.25
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	0.25
09277	Plantains, raw	179	1 medium	0.25
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.25
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.25
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.25
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.24
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.24
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.24
11159	Coleslaw, home-prepared	120	1 cup	0.24
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.24
11399	Potato puffs, frozen, prepared	79	10 puffs	0.24

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18139	Cake, white, prepared from recipe without frosting	74	1 piece	0.24
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.24
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.24
18041	Bread, pita, white, enriched	28	4" pita	0.24
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.23
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.23
09316	Strawberries, raw	166	1 cup	0.23
09050	Blueberries, raw	145	1 cup	0.23
09191	Nectarines, raw	136	1 nectarine	0.23
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.23
09040	Bananas, raw	150	1 cup	0.23
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.22
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.22
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.22
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.22
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.22
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.22
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.22
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	0.22
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.22
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.21
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.21
09226	Papayas, raw	304	1 papaya	0.21
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.21
18308	Pie, cherry, commercially prepared	117	1 piece	0.21
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.21
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	0.21
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.21
09094	Figs, dried, uncooked	38	2 figs	0.21
11205	Cucumber, with peel, raw	104	1 cup	0.21
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	0.20
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.20
11206	Cucumber, peeled, raw	119	1 cup	0.20
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.20
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.20
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	0.20
09278	Plantains, cooked	154	1 cup	0.20
11403	Potatoes, french fried, frozen, home-prepared, heated in oven, without salt	50	10 strips	0.20
19305	Molasses, blackstrap	20	1 tbsp	0.20
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.20
21127	Fast foods, coleslaw	99	3/4 cup	0.20
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	0.20
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.20
11333	Peppers, sweet, green, raw	149	1 cup	0.19
01032	Cheese, parmesan, grated	5	1 tbsp	0.19
09038	Avocados, raw, California	28.35	1 oz	0.19

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18217	Crackers, matzo, plain	28.35	1 matzo	0.19
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.19
18403	Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)	33	1 waffle	0.19
11114	Cabbage, savoy, raw	70	1 cup	0.19
18047	Bread, raisin, enriched	26	1 slice	0.19
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.19
18305	Pie, blueberry, commercially prepared	117	1 piece	0.19
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	0.19
18048	Bread, raisin, toasted, enriched	24	1 slice	0.19
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	0.19
18360	Taco shells, baked	13.3	1 medium	0.19
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.19
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.18
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.18
14145	Carbonated beverage, lemon-lime soda	368	12 fl oz	0.18
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	0.18
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.18
20068	Tapioca, pearl, dry	152	1 cup	0.18
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.18
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.18
11226	Jerusalem-artichokes, raw	150	1 cup	0.18
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.18
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.18
09040	Bananas, raw	118	1 banana	0.18
11282	Onions, raw	110	1 whole	0.18
11081	Beets, cooked, boiled, drained	50	1 beet	0.17
09207	Orange juice, canned, unsweetened	249	1 cup	0.17
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.17
11124	Carrots, raw	72	1 carrot	0.17
18033	Bread, italian	20	1 slice	0.17
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.17
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	0.17
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.17
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.17
08117	Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt	240	1 cup	0.17
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	0.17
09236	Peaches, raw	98	1 peach	0.17
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.17
09252	Pears, raw	166	1 pear	0.17
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.16
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.16
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.16
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	0.16
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.16
11457	Spinach, raw	30	1 cup	0.16
19041	Snacks, pork skins, plain	28.35	1 oz	0.16
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	0.16

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11143	Celery, raw	120	1 cup	0.16
09266	Pineapple, raw, all varieties	155	1 cup	0.16
11333	Peppers, sweet, green, raw	119	1 pepper	0.15
11112	Cabbage, red, raw	70	1 cup	0.15
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.15
09184	Melons, honeydew, raw	170	1 cup	0.15
07073	Sandwich spread, pork, beef	15	1 tbsp	0.15
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.15
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.15
09326	Watermelon, raw	152	1 cup	0.15
18053	Bread, reduced-calorie, rye	23	1 slice	0.15
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.15
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.15
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.15
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.15
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.15
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.15
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	0.15
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.15
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.15
01031	Cheese, neufchatel	28.35	1 oz	0.15
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.15
18090	Cake, boston cream pie, commercially prepared	92	1 piece	0.15
09153	Lemon juice, canned or bottled	244	1 cup	0.15
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	0.15
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.14
09184	Melons, honeydew, raw	160	1/8 melon	0.14
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	0.14
06174	Soup, stock, fish, home-prepared	233	1 cup	0.14
02007	Spices, celery seed	2	1 tsp	0.14
09055	Blueberries, frozen, sweetened	230	1 cup	0.14
01186	Cheese, cream, fat free	15.6	1 tbsp	0.14
14181	Chocolate syrup	18.75	1 tbsp	0.14
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.14
11670	Peppers, hot chili, green, raw	45	1 pepper	0.14
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.14
09060	Carambola, (starfruit), raw	108	1 cup	0.13
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.13
11251	Lettuce, cos or romaine, raw	56	1 cup	0.13
18120	Cake, pound, commercially prepared, butter	28	1 piece	0.13
18232	Crackers, wheat, regular	8	4 crackers	0.13
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	0.13
11090	Broccoli, raw	31	1 spear	0.13
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.13
11109	Cabbage, raw	70	1 cup	0.13
09200	Oranges, raw, all commercial varieties	180	1 cup	0.13
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.13
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.13

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.12
09181	Melons, cantaloupe, raw	69	1/8 melon	0.12
09206	Orange juice, raw	248	1 cup	0.12
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.12
09404	Grapefruit juice, pink, raw	247	1 cup	0.12
09128	Grapefruit juice, white, raw	247	1 cup	0.12
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	0.12
11445	Seaweed, kelp, raw	10	2 tbsp	0.12
09087	Dates, deglet noor	41.5	5 dates	0.12
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.12
11819	Peppers, hot chili, red, raw	45	1 pepper	0.12
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.12
09039	Avocados, raw, Florida	28.35	1 oz	0.11
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.11
18214	Crackers, cheese, regular	10	10 crackers	0.11
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.11
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	0.11
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.11
09060	Carambola, (starfruit), raw	91	1 fruit	0.11
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.11
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	0.11
11297	Parsley, raw	10	10 sprigs	0.11
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.11
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	0.10
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	0.10
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.10
11253	Lettuce, green leaf, raw	56	1 cup	0.10
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.10
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.10
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.10
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.10
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.10
09226	Papayas, raw	140	1 cup	0.10
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.10
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.10
11284	Onions, dehydrated flakes	5	1 tbsp	0.09
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	0.09
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.09
09200	Oranges, raw, all commercial varieties	131	1 orange	0.09
11937	Pickles, cucumber, dill	65	1 pickle	0.09
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.09
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.09
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.09
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.09
02028	Spices, paprika	2.1	1 tsp	0.09
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.08
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.08

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09176	Mangos, raw	207	1 mango	0.08
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.08
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.08
18229	Crackers, standard snack-type, regular	12	4 crackers	0.08
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	0.08
02015	Spices, curry powder	2	1 tsp	0.08
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.08
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.08
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.08
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.08
01017	Cheese, cream	14.5	1 tbsp	0.08
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.08
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.08
01049	Cream, fluid, half and half	15	1 tbsp	0.08
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	0.08
11954	Tomatillos, raw	34	1 medium	0.07
09223	Tangerine juice, canned, sweetened	249	1 cup	0.07
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.07
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.07
02020	Spices, garlic powder	2.8	1 tsp	0.07
16055	Carob flour	8	1 tbsp	0.07
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.07
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.07
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.07
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.07
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.07
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.07
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.07
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.07
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.07
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.07
02009	Spices, chili powder	2.6	1 tsp	0.07
09021	Apricots, raw	35	1 apricot	0.07
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.07
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.07
18177	Cookies, molasses	15	1 cookie, medium	0.07
02027	Spices, oregano, dried	1.5	1 tsp	0.07
09279	Plums, raw	66	1 plum	0.07
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.07
09176	Mangos, raw	165	1 cup	0.07
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.07
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.06
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.06
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.06
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.06
18170	Cookies, fig bars	16	1 cookie	0.06
02029	Spices, parsley, dried	1.3	1 tbsp	0.06

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.06
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.06
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.06
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.06
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.06
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.06
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.06
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.06
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.06
09003	Apples, raw, with skin	138	1 apple	0.06
09004	Apples, raw, without skin	110	1 cup	0.06
09340	Pears, asian, raw	275	1 pear	0.05
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.05
11457	Spinach, raw	10	1 leaf	0.05
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.05
11143	Celery, raw	40	1 stalk	0.05
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.05
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.05
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.05
11084	Beets, canned, drained solids	24	1 beet	0.05
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.05
02026	Spices, onion powder	2.1	1 tsp	0.05
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.05
09070	Cherries, sweet, raw	68	10 cherries	0.05
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.05
19296	Honey	21	1 tbsp	0.05
02010	Spices, cinnamon, ground	2.3	1 tsp	0.05
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.05
19074	Candies, caramels	10.1	1 piece	0.04
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	0.04
11740	Broccoli, flower clusters, raw	11	1 floweret	0.04
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.04
09206	Orange juice, raw	86	juice from 1 orange	0.04
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.04
02055	Horseradish, prepared	5	1 tsp	0.04
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	0.04
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.04
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.04
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	0.04
11677	Shallots, raw	10	1 tbsp	0.04
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.04
19014	Snacks, fruit leather, rolls	21	1 large	0.04
11955	Tomatoes, sun-dried	2	1 piece	0.04
19263	Frozen juice novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.04
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	0.04
01052	Cream, fluid, light whipping	15	1 tbsp	0.04
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.04
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.04
11135	Cauliflower, raw	13	1 floweret	0.04

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.04
11935	Catsup	15	1 tbsp	0.04
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.04
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.04
14003	Alcoholic beverage, beer, regular	355	12 fl oz	0.04
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.04
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.04
19281	Ice novelties, italian, restaurant-prepared	116	1/2 cup	0.03
09150	Lemons, raw, without peel	58	1 lemon	0.03
11215	Garlic, raw	3	1 clove	0.03
01053	Cream, fluid, heavy whipping	15	1 tbsp	0.03
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.03
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.03
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.03
01056	Cream, sour, cultured	12	1 tbsp	0.03
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.03
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.03
09298	Raisins, seedless	14	1 packet	0.03
09160	Lime juice, raw	38	juice of 1 lime	0.03
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.03
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.03
02030	Spices, pepper, black	2.1	1 tsp	0.03
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.03
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.03
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.03
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	0.03
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.03
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.03
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	0.03
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.03
09316	Strawberries, raw	18	1 strawberry	0.03
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.02
09340	Pears, asian, raw	122	1 pear	0.02
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.02
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.02
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.02
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.02
09152	Lemon juice, raw	47	juice of 1 lemon	0.02
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.02
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.02
11943	Pimento, canned	12	1 tbsp	0.02
11282	Onions, raw	14	1 slice	0.02
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	0.02
11945	Pickle relish, sweet	15	1 tbsp	0.02
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.02
19116	Candies, marshmallows	50	1 cup	0.02
19422	Snacks, potato chips, reduced fat	28.35	1 oz	0.02

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18086	Cake, angelfood, commercially prepared	28	1 piece	0.02
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.02
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.02
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.02
11253	Lettuce, green leaf, raw	10	1 leaf	0.02
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.02
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.02
11960	Carrots, baby, raw	10	1 medium	0.02
09316	Strawberries, raw	12	1 strawberry	0.02
11156	Chives, raw	3	1 tbsp	0.02
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.02
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.02
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.02
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.02
19129	Syrups, table blends, pancake	20	1 tbsp	0.02
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.02
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.02
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.01
11935	Catsup	6	1 packet	0.01
19108	Candies, jellybeans	28.35	10 large	0.01
04002	Lard	12.8	1 tbsp	0.01
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.01
11333	Peppers, sweet, green, raw	10	1 ring	0.01
01145	Butter, without salt	14.2	1 tbsp	0.01
01001	Butter, salted	14.2	1 tbsp	0.01
11429	Radishes, raw	4.5	1 radish	0.01
18373	Leavening agents, cream of tartar	3	1 tsp	0.01
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.01
19297	Jams and preserves	20	1 tbsp	0.01
19283	Ice novelties, pop	59	1 bar (2 fl oz)	0.01
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.01
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.01
01069	Cream substitute, powdered	2	1 tsp	0.01
19294	Fruit butters, apple	17	1 tbsp	0.01
01124	Egg, white, raw, fresh	33.4	1 large	0.01
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.01
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.01
02045	Dill weed, fresh	1	5 sprigs	0.01
02047	Salt, table	6	1 tsp	0.01
19334	Sugars, brown	3.2	1 tsp	0.01
19300	Jellies	19	1 tbsp	0.01
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.01
20027	Cornstarch	8.064	1 tbsp	0.00
02050	Vanilla extract	4.2	1 tsp	0.00
19350	Syrups, corn, light	20	1 tbsp	0.00
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.00
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.00
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsp	0.00

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	0.00
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.00
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.00
19164	Candies, SPECIAL DARK Chocolate Bar	8.4	1 miniature	0.00
19107	Candies, hard	6	1 piece	0.00
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.00
01072	Dessert topping, pressurized	4	1 tbsp	0.00
19107	Candies, hard	3	1 small piece	0.00
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.00
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	0.00
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.00
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	0.00
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	0.00
04582	Vegetable oil, canola	14	1 tbsp	0.00
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	0.00
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	0.00
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	0.00
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.00
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.00
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.00
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.00
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.00
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	0.00
19335	Sugars, granulated	4.2	1 tsp	0.00
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.00
19336	Sugars, powdered	8	1 tbsp	0.00
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.00
18372	Leavening agents, baking soda	4.6	1 tsp	0.00
04133	Salad dressing, french, home recipe	14	1 tbsp	0.00
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	0.00
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.00
14429	Water, municipal	237	8 fl oz	0.00
04053	Oil, olive, salad or cooking	13.5	1 tbsp	0.00
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.00
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	0.00
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.00
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	0.00
02048	Vinegar, cider	15	1 tbsp	0.00